

Guam Comprehensive Cancer Control Newsletter



"The People of Guam will be cancer free, embracing a healthy lifestyle and living in a healthy environment."



Guam Cancer Coalition Annual Cancer Retreat

By Lawrence Alam

The Guam Cancer Coalition held an Annual Cancer Retreat on January 20, 2018 at Pacific Star Resort & Spa. The Cancer Retreat was the first strategic planning event that provided an opportunity for coalition members to discuss activities that will be implemented in 2018 so that they can meet their particular objectives and action tasks.

The retreat also became an avenue for the Guam Cancer Coalition to launch the Guam Comprehensive Cancer Control Plan 2018-2022, and share the most current cancer data through the Guam Cancer Registry and the Pacific Regional Cancer Registry. In addition, the event served to recruit new members for the Coalition.

A digital copy of the plan can be downloaded at www.facebook.com/GuamCCC.

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Colorectal Cancer Awareness Month Proclamation Signing

By Vivian Pareja

On March 15, 2018, Lt. Governor Ray Tenorio proclaimed March as Colorectal Cancer Awareness Month during the Non-Communicable Disease Consortium (NCD) meeting at the Hyatt Regency Guam. Several NCD Consortium and Guam Cancer Coalition members, and community partners attended the event.



PolynesianDanceFit and MixedFit Fitness Event

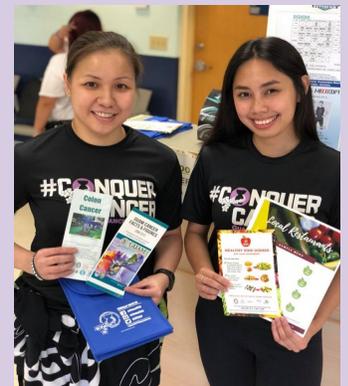
By Vivian Pareja

The Guam Comprehensive Cancer Control Program in partnership with Racial and Ethnic Approaches to Community Health (REACH) hosted the PolynesianDanceFit and MixedFit outreach on March 28, 2018. The class was instructed by Dr. Benjie Santiago (Dr. B), Creative PolyDanceFit Creative Director and MixedFit National Trainer for the Asia Pacific Region, Paradise Fitness Center.



The purpose of the event was to engage Government of Guam employees and the community in physical activity as a way to help reduce the risk of a variety of cancer types. In addition, colorectal cancer prevention and control brochures and REACH flyers on Healthy Side Dish Options and Healthy Menu Labeling project were given to those who participated.

A special thank you to Paradise Fitness Center for giving away a free one-week trial to all participants!



2018 Celebrate Life! Cancer Survivors Conference

By Vivian Pareja



The Department of Public Health and Social Services' Guam Comprehensive Cancer Control Program, in partnership with the Guam Comprehensive Cancer Control Coalition's Survivorship and Quality of Life Action Team, hosted the "Celebrate Life!" Cancer Survivors Conference on Saturday, June 23, 2018 at The Westin Resort Guam.

The following topic areas covering survivorship and quality of life were presented at the conference: Cancer Survivorship: A Passport to Being Your Best (Hank C. Hill, MD, Surgical Oncologist and General Surgeon, Guam Regional Medical City); Precision Medicine: Role of Medical Genetics and Genomics (Samir Ambrale, MD, MPH, Hematologist and Oncologist, FHP Medical Center, Assistant Clinical Professor, University of Hawaii Cancer Center); Connecting with Families through Dignity and Death (Rhoda Gaba Orallo, MSW and Josette Marie Lujan Quinata, MSW, Social Workers, Health Services of the Pacific); Treating Cancer with Nutrition (Keith Horinouchi, DrPH, MPH, CNS, Lifestyle Medicine and Nutrition Specialist, Dr. Horinouchi Wellness Clinic); My Holistic Health Journey (Retta Sue S. Hamilton, Wellness Manager, Synergy Wellness); and Bringing Life Through Breath and Movement (Linda Frank, Yoga for Cancer Trained Teacher, EMC Cancer Foundation Circle of Care).

The team utilized Facebook Live (www.facebook.com/GuamCCC) as a means to broadcast conference plenary and breakout sessions. This was done so that the team can provide local, regional and international audiences with online access to the sessions. Presentations were viewed more than 600 times since its initial feed.

Over 130 cancer survivors, caregivers and family members attended the conference. The overall rating for the conference was 4.88 out of 5.

Some feedback from attendees:

- "Please continue to have this conference – it was educational and enlightening."
- "My first time to attend this kind of conference and I had a great experience."
- "Outstanding selection of topics and speakers."
- "Very comprehensive and informative."
- "Great work reaching out with the community."



Pictures from the 2018 Celebrate Life! Cancer Survivors Conference



Breast Cancer Awareness Month Proclamation Signing

By Vivian Pareja



On October 6, 2017, Lt. Governor Ray Tenorio proclaimed October as Breast Cancer Awareness Month at the Governor's Office. Several cancer survivors, caregivers, community partners and advocates joined together to raise awareness of the disease, those fighting it and those who have lost their lives to it.

Many organizations hosted events to spreading breast cancer awareness in the community through outreaches, exercises, and screening programs:

- Guam Cancer Care hosted an island-wide Get Your On Wave and the Strides for the Cure Run.
- Edward M. Calvo Cancer Foundation's Circle of Care Program provided various classes: Restorative Yoga, Jewelry-making, and Scrapbooking.
- American Cancer Society hosted a "Real Men Wear Pink Social" event.
- Guam Regional Medical City's HeartBeat Program hosted a "Think Pink Social" Hot Hula Fitness.

MixedFit Fitness Event

By Vivian Pareja

The Guam Comprehensive Cancer Control Program coordinated the MixedFit event on October 25, 2017. Dr. Benjie Santiago, National Trainer for the Asia Pacific, Paradise Fitness Center, conducted the dance fitness. Over 30 individuals came out to participate.

In addition, breast cancer prevention and screening education materials were distributed to participants to increase awareness on information regarding this preventable disease.



Breast Cancer Conference: Unmasking Breast Cancer; Sharing Wisdom and Resources

By Vivian Pareja

On October 20, 2017, the Guam Breast and Cervical Cancer Early Detection Program and the Guam Comprehensive Cancer Control Program, in partnership with the Non-Communicable Disease Consortium, Guam Cancer Coalition, and other community organizations hosted the Breast Cancer Conference: Unmasking Breast Cancer; Sharing Wisdom and Resources at the Hilton Guam Resort & Spa. Attendees learned about the common signs and symptoms of breast cancer, different types of breast cancer, understanding their pathology, treatment options, coping and management. The Guam Nurses Association provided 7 contact hours of CE credits to health professionals.

There were seven presentations conducted: Complexities in Managing Breast Cancer (Charity N. Viado-Gorospe, MD, FACP, FPSMO, FPSO, FMOSP, Internal Medicine, Medical Oncology, St. Luke's Medical Center, Global City); Screening and Diagnostic (Nathaniel Berg, MD, Medical Director, Guam Radiology Consultants); Update on the Surgical Management of Breast Cancer (Hank Hill, MD, Surgical Oncologist & Surgeon, Guam Regional Medical City); Myths and Truths on Radiology (Kin-Sing Au, MD, Medical Director Radiation Oncology, Island Cancer Center); Lymphedema Management (Jason Francis Roxas, RN, BSN, CLT, Affiliate Consultant, St. Luke's Medical Center, Global City); Hope in the Big C: A Personal Journey of a Stage 4 Breast Cancer Survivor (Agnes C. Sarthou, PhD); Cancer as a Chronic Condition: The New World of Survivorship (Don Dizon, FACP, Head of Women's Cancers, Life Institute: Director of Medical Oncology, Rhode Island Hospital). For the first time, Lymphedema Management was discussed on Guam. Lymphedema refers to swelling that generally occurs in arms and legs. Lymphedema is most commonly caused by the removal of or damage to the lymph nodes as a part of cancer treatment. There is no cure for lymphedema but it can be managed with early diagnosis and diligent care of the affected limb.

The conference was well attended with a total of 146 attendees composed of breast cancer survivors, patients, families, caregivers, and health professionals. Many of the participants stated that the conference was educational and informative.



“Guam Cancer Symposium – Key to Cancer Prevention”

By Jude San Nicolas (UOG Community Outreach Student Intern)



On Sunday, June 25, 2017, the University of Guam Cancer Research Center hosted its first Guam Health Providers Cancer Symposium at the Hyatt Regency Guam. The symposium was open to all health professionals who were interested in learning about the current Centers for Disease Control and Prevention (CDC) guidelines regarding the Human Papillomavirus (HPV) vaccine and cervical cancer screening guidelines, with a focus on its progress on Guam. A total of 86 health providers participated in the symposium, which was entitled “YOU are the Key to Cancer Prevention”.

Highlights of the event included Dr. Rachael Consoli, MD, MPH, FACOG from the FHP Health Center, who talked about the current guidelines on cervical cancer screening. Dr. Consoli was a crowd favorite, using her international experiences as an OB-GYN to emphasize the importance of life-saving cancer screenings. Another recently established medical doctor on island, Dr. Amanda del Rosario, MD, presented information about the prevention of cervical and other HPV related infections and cancers. Her presentation later delved into how the HPV vaccine works, what the recent dosage recommendations are, and how health providers could best communicate the vaccine’s importance to their patients.

Dr. Yvette Paulino from the UOG Cancer Research Center discussed “Distribution of Cervical Cancer and HPV,” focusing on Guam’s statistics on cervical cancer, the low rates of screening, and the HPV vaccination rate. Drs. Lilnabeth Somera and Ana Joy Mendez spoke about “Health Providers’ Perceptions and Perceived Challenges in Guam.” Their presentation focused on the influence of cultural factors in the development of health communication campaigns for cancer screening and prevention. “Data presentation was helpful and relevant to current practice and eye opening for where practice change is needed. All presentations were great,” said one attendee. Another attendee was positive about Dr. Consoli’s presentation, “Dr. Consoli was great! Thank you for your energetic presentation.”

Local community resources for screening were shared with the participants by representatives from the American Cancer Society, Department of Public Health and Social Services’ Breast and Cervical Cancer Early Detection Program and the Immunization Program, and Guam Cancer Care. The symposium was open to all healthcare professionals. Three (3) continuing education units (CEU) from the Guam Nursing Association and three (3) continuing medical education (CME) credits from the Guam Medical Society were earned by the participants.

The symposium for Guam’s health providers is a collaborative effort of the University of Guam Cancer Research Center, American Cancer Society, Department of Public Health Social Services Guam Breast & Cervical Cancer Early Detection Program, Guam Comprehensive Cancer Control Coalition, Guam Medical Society, Guam Nursing Association, Guam Cancer Care, Guam Regional Medical City, American Medical Center, FHP Health Center, and the Non- Communicable Disease Consortium.

Cervical Cancer Awareness Month Proclamation Signing and Senate Resolution

By Vivian Pareja

On January 26, 2018, Lt. Governor Ray Tenorio proclaimed January as Cervical Cancer Awareness Month during the Worksite Wellness Program Recommitment event at the University of Guam Calvo Field House. On the same month, Senator Telena Nelson along with Senators Therese Terlaje and Louise Borja Muna held a Senate Resolution at the Congress building to celebrate the month. Various community partners and stakeholders came in support of these events.

The two events provided an opportunity to raise awareness and encourage women to get screened for cervical cancer. Cervical cancer is a highly treatable cancer if detected early through Pap and human papillomavirus (HPV) tests.



Getting Guam Healthy Initiative Program: Walk to Wellness Program

By Lawrence Alam

The Walk to Wellness Program, a 12-week village based program, celebrated its "Culminating Event" on February 28, 2018 at the University of Guam. The event was the final activity for Sinajana and Santa Rita village participants who joined the 12 week long fitness and wellness program. Participants were treated to a scenic walking route activity, fun physical activity programs, and an awards night program. The event also provided an avenue for the Guam Community College Culinary Arts program to showcase their students' skills and talents by providing healthy but very tasty meals. More than 100 participants attended the event from both villages. This program is supported by the University of Guam, Guam Cancer Coalition and the NCD Consortium's Physical Activity Action Team. More villages are targeted for this program in 2018 and 2019.



Guam Walkability Assessment: Training and Implementation

By Lawrence Alam

The Guam NCD Consortium's Physical Activity Action Team, in partnership with the Pacific Island Health Officers' Association (PIHOA), and the Centers for Disease Control and Prevention (CDC) coordinated the Guam Walkability Assessment on February 10-17, 2018.



The purpose of this activity was to conduct an observational audit of street segments to measure street-level supports and barriers to physical activity using a modified Microscale Audit of Pedestrian Streetscapes-Mini (MAPS-mini) tool.

Ms. Marie Benito spearheaded the recruitment of more than 30 volunteers from the University of Guam, Guam Running Club, Guam Cycling Federation, and various other nonprofit organizations to support the implementation of the assessment. Dr. Haley Cash spearheaded the training activity by finalizing assessment methodologies and conducting an assessment trial to increase familiarity with the tools developed. At the end of the activity, audits were completed on a total of 210 street segments. Of these segments, 31.4% were in the North, 13.8% were in the South, and 54.8% were in Central Guam. The majority of these segments (71.0%) were in residential areas, and the remaining 29.0% were in commercial areas.

A snapshot of the assessment results can be found on the next page.



Walkability Assessment on Guam: Results Snapshot

2018

Why did we do this assessment?

To assess the prevalence of community and street-scale design features that promote walking among streets on Guam.

Why is this project important?

Non-communicable diseases (NCDs) are a significant concern on Guam, and a major risk factor for developing NCDs is physical inactivity. According to the 2015 BRFS, over three-quarters of adults did not meet the recommended physical activity guidelines. Physical activity can be supported through community and street-scale design features that promote walking where people work, play, and live.

How was this assessment done?

Guam Department of Public Health and Social Services (DPHSS) partnered with the Centers for Disease Control and Prevention (CDC) and the Pacific Island Health Officers Association (PIHOA) to conduct an observational audit of streets in February 2018 to measure street-level supports and barriers to physical activity. To complete the on-the-ground assessment, 30 volunteers from Guam DPHSS, Guam NCD Consortium, Guam Running Club, Guam Cycling Federation, University of Guam, and PIHOA were trained on the audit method. Representative villages from North (1), South (1), and Central Guam (3) were identified and random land areas were selected within these villages. All street segments within those areas were audited. A total of 210 street

SAFETY

- 27.6% of streets had NO streetlights.
- 23.3% of streets had stray dogs.
- 69.5% of streets had NO sidewalks.
- Among streets with sidewalks, the majority (60.9%) had trip hazards.
- The North region had the highest prevalence of NO streetlights.
- Among main road intersections, 46.9% did NOT have crosswalks and 65.6% did NOT have walk signals.



PHYSICAL DISORDER

- 37.1% of streets had a lot of litter present, much of which was "dumping" of large items (cars, furniture, appliances).
- 29.0% of streets had a majority (>50%) of poorly maintained buildings.
- 12.4% of streets had buildings with graffiti.
- The North region had the highest prevalence of litter and poorly maintained buildings.

FUNCTIONAL DESIGN

- 7.1% of streets had access to a park.
- 12.4% of streets had access to public transportation.
- 13.3% of streets had a place to sit (bench).
- 1.4% of streets had a bike path (a painted line; none included physical barriers between cars and bikes).
- 2.9% of streets had adequate sun coverage (trees, awnings, etc.) for pedestrians.
- Parks, public transportation, and seating were more prevalent in the South region.



Potential Action Steps

- Make walking an island-wide priority to improve the economy, the environment, and public health.
- Design communities that make it safe, easy, and socially acceptable to walk.
 - Collaborate with key sectors and develop an action plan to increase walking and walkability.
 - Update zoning and design guidelines to encourage the development of compact, walkable village centers with essential needs/services.
 - Provide funding/incentives to create more walkable streets by completing sidewalks, crosswalks, and bike lanes, especially to destinations.
 - Collaborate with public and private partners to add features such as shade trees, lighting, benches, and bus stop shelters.
- Promote programs and policies to support walking.
 - Promote community-based walking and walk-to-school programs.
 - Increase access to community locations for walking (trails, parks, etc.).
 - Work with government and residents to develop policies and programs to reduce or control stray dogs.
- Collect more data on how much and where people walk and bike, and how to encourage more.



For more information, please contact the Bureau of Community Health Services, DPHSS at (671) 735-7335

This publication was supported by the Division of Nutrition, Physical Activity and Obesity, CDC. Its contents are solely the responsibility of the authors and do not necessarily represent the official views of the CDC.

Guam Walkability Institute Orientation

By Lawrence Alam

The Guam Walkability Institute Orientation was held on February 27, 2018 at the Governor's Office. The objective of the meeting was to secure buy-in and support for the Guam Walkability Institute from local partners and stakeholders. A total of 14 organizations attended the meeting (Archdiocese of Agaña; Department of Land Management; Department of Parks and Recreation; Department of Public Health and Social Services; Department of Public Works; Guam



Cycling Federation; Running Club; Department of Education; Guam Economic Development Authority; Guam Environmental Protection Agency; Islandwide Beautification Task Force; University of Guam; Setiadi Architects; Veterans Affairs). Mark Fenton, a national expert on walkability, conducted an online presentation regarding expected objectives, outcomes and expectations for the Institute. The meeting set the stage for partners to be active and productive during the Institute.

5th Regional Workshop on Strengthening Leadership and Advocacy for the Prevention and Control of Non Communicable Disease

By Lawrence Alam



Team Guam, represented by Lawrence Alam and Marie Benito, participated in the 5th Regional Workshop on Strengthening Leadership and Advocacy for the Prevention and Control of Non Communicable Diseases in Saitama, Japan on September 15-17, 2017. The workshop allowed for regional and international participants to discuss and provide suggestions in revising the draft World Health Organization (WHO) Global Action Plan on Physical Activity 2018-2030. Participants discussed each of the 4 major objectives of the plan: creating an active society, creating an active environment, creating active lives, and creating active systems.

In addition, Team Guam was invited by the WHO to be part of the Pacific ECHO (Ending Childhood Obesity) Network. This network is currently in its infancy stages. Its objectives are to provide a platform for the advocacy of evidenced-based strategies that impact the population. Pacific ECHO will also be the vehicle to support the implementation of the Western Pacific Plan of Action for Non Communicable Disease.

Women's Conference: Be Your Own Wonder Woman

By Arlie Bonto



The Guam Breast and Cervical Cancer Early Detection Program spearheaded the 2017 Women's Conference: Be Your Own Wonder Woman on May 6 at the Pacific Star Resort and Spa. All women were invited to attend this public event.

Most women juggle busy lives in their roles as a mom, wife, sister, career woman and/or caregiver, but forget their own health. The conference theme encourages women to take the initiative to be their own superhero in terms of their physical, spiritual, and mental health. There were seven conference presentations: "Breast and Cervical Cancer: Education on Cancer Screening and the Importance of Early Detection" (Dr. Rachael JM Consoli); "I am Beautiful" (Dr. Elizabeth Kelley Bowman); "Oppression Leading to Acceptance, Growth, and Success" (Scarlett Ramirez Castro-Dixon); "Dreamer's Playground's Sexy Heels & Tease" (Vanese Calpito); "Identifying Unhealthy or Harmful Relationships and Solutions to Overcome Barriers" (Lila Lujan and Taylor Amdal-Barela); "Take Your Power Back in 15 Minutes" (Jasmin Guerrero); and Women of Guam: Nurturing Family and Community (Catherine Rivera and Antoinette Sanford).

About 153 women from various parts of the community participated in the conference. Many had a positive attitude toward their unique experience and felt that the topics were important for all stages of a woman's life.

The Guam Breast and Cervical Cancer Early Detection Program would like to sincerely thank the Guam Comprehensive Cancer Control Program, Non-Communicable Disease Consortium, Guam Office of Minority Health, Guam Coalition Against Sexual Assault and Family Violence, University of Guam, Guam's Alternative Lifestyle Association, T-Galleria, Dreamer's Playground and TakeCare Insurance Company for their participation and support.



[BULLETIN BOARD]

Guam Cancer Coalition Monthly Meetings

Policy and Advocacy Action Team (PANDA)

2nd Monday | 3:00 pm – 4:00 pm

Data and Research Action Team (DRAT)

3rd Tuesday | 9:30 am – 10:30 am

Survivorship and Quality of Life Action Team (SQOL)

3rd Thursday | 11:00 am – 12:00 pm

Prevention Action Team

4th Tuesday | 2:00 pm – 3:00 pm

Screening, Early Detection, and Treatment Action Team (SEDAT)

4th Tuesday | 3:00 pm – 4:00 pm

To find out specific dates, location and time, please call the Guam Comprehensive Cancer Control Program at 735-0670/ 0673/ 7335.



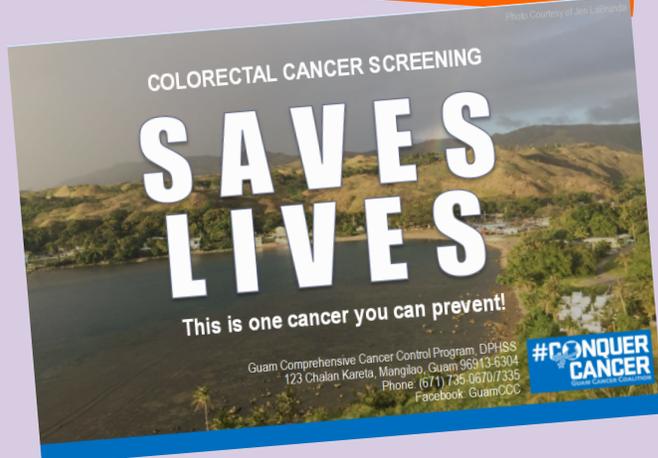
HPV Vaccine is CANCER PREVENTION!

HPV (Human Papillomavirus) vaccine helps protect girls and boys ages 9-26 against 6 types of cancers.

HPV vaccine may be given as 2 or 3 doses. Talk to your child's doctor about the appropriate dosing schedule.

The U.S. Centers for Disease Control and Prevention (CDC) strongly recommends children receive all vaccines according to the recommended schedule.

PROTECT YOUR CHILD FROM CANCER!



COLORECTAL CANCER SCREENING

SAVES LIVES

This is one cancer you can prevent!

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#CONQUERCANCER

Colorectal Cancer is the 3rd leading cancer killer in Guam, but it doesn't have to be.

Screening can find precancerous polyps so they can be removed before they turn into cancer.

If you're 50 or older, get screened for colorectal cancer.

Talk to your doctor about the appropriate screening for you.

SCREENING SAVES LIVES!



Meet your Guam Comprehensive Cancer Control Team!

(Back) Long- Oversees all programs and projects under the section;
Emma- Administrative and Finance; Kim- Project Coordinator, Guam
Walkability Institute; Arlie- Program Coordinator, NCD Physical Activity
Initiatives (W2W Program and SPARK); (Front) Vivian- Public Information
Officer and Coordinator, CCC's Core Programs;
Rhoda- REACH Program Project Associate

